

Exclusively Breastfeeding



Ask your
WIC clinic
about possible
choices.

Mom's Food Package*



EACH MONTH **YOU** WILL RECEIVE:

Skim, ½%, 1% or 2% Milk	6 gallons
Cheese	1 pound
Breakfast Cereal	36 ounces
Juice Concentrate (frozen or shelf stable)	3 11.5 to 12-oz. containers
Eggs	2 dozen
Canned Beans	4 14-16 ounce cans
Peanut butter	16-18 ounce jar
Whole Wheat Bread, Brown Rice, or Whole Wheat or Soft Corn Tortillas	16 ounces
Fresh, Frozen or Canned Fruits or Vegetables	\$10.00 worth
Canned Tuna or Salmon	30 ounces

*Moms who are exclusively breastfeeding twins, triplets, etc. will get 1-1/2 times the amount of food in the exclusively breastfeeding package.

Infant's Food Package



EACH MONTH **YOUR BABY** WILL RECEIVE

When your baby is 0-5 months old:

You provide your precious breastmilk - the only food your baby needs during this time.

When your baby is 6-12 months old:

Infant Cereal	24 ounces
Baby Fruits & Vegetables	64 4-ounce jars
Baby Meats:	31 2.5-oz. containers